

**Acoustic Amour:
A Valentine's Day Concert
Featuring National Fiddle Champion
Carol Ann Wheeler
Tuesday, February 14th
1:30 pm in the Party Room**



What is the difference between a fiddle and a violin, anyway? As it turns out, not much, except how music is played on it!

Cornell Estates is proud to present a Valentine's Day concert featuring fiddle champion Carol Ann Wheeler, with musical accompaniment by John Standefer and Rob Hoffman, on **Tuesday, February 14th, at 1:30 pm.**

Carol Ann Wheeler, former Ladies National Fiddle Champion, plays a variety of fiddle styles, including Irish, Scottish, Canadian, Texas, and Gypsy, as well as classical violin.

National finger-picking guitarist John Standefer adds the perfect accompaniment to the violin. John is the winner of the 2002 National Fingerstyle Guitar Championship at Winfield, Kansas and the Open Division winner of the 2004 International Home of the Legends Competition.

Finally, Rob Hoffman began music when he was quite young. Loving the rhythmic side of music, he explored percussion instruments and various "gizmos and gadgets," creating some of his own design along the way.

Please join us for this unique musical experience!

**Educational Travelogue:
Australia & the Iron Ore Mines
Friday, February 17th
1:30 pm in the Party Room**



To most of us, Australia means kangaroos, Crocodile Dundee, and the Sydney Opera House. Did you also know that the land down under is the second largest iron ore producer in the world? To find out more, join Ian Hannis on **Friday, February 17th, at 1:30 pm in the Party Room.**

With Ian as our guide, we will explore the Australian continent, including its native population and distinctive wildlife. Our explorations will be centered around Sydney, on the eastern shore, and Perth, on its western coast. Ian will also describe his work experience in Australia, particularly in the iron ore industry, between 1974 and 1978.

The last leg of the Australian adventure will include Ian's stories of digging for opals at "Lightning Ridge" and the month-long camping trip he took in 1994. The camping trip will be especially interesting to our Cornell community, as it was during this trip that Ian met his wife Cindy Cosenzo, an inter-generational consultant who has been involved with Cornell for 3 ½ years.

Currently an instrument technician with Genentech in Hillsboro, Ian is a native of England and has been involved in the high-tech industry for many years. He is also a well-known face at Cornell Estates.

**CORNELL ESTATES
MANAGEMENT TEAM**

EXECUTIVE DIRECTOR
Debbie Van Dyne, RN

MARKETING DIRECTOR
Landa Carlson

DIRECTOR OF
HEALTH SERVICES
Charlene Torrey

DIRECTOR OF
PERSONAL INDEPENDENT PROGRAM
Tina Rogers, RN

COMMUNITY PROGRAMS DIRECTOR
Michele Fritzler

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

Susana V. 2/5
Tina R. 2/6
Marian J. 2/8
Paul M. 2/19
Guzman A. 2/22
Lisa L.R. 2/26

Cornell Estates Welcomes...

Janis Henderson #123

February Birthdays

Thelma Rice	2/5	Ruth Brink	2/21
Harriet Federici	2/5	Donna Hammack	2/21
Bessie Loos	2/12	Lydia Foreman	2/23
Jackie Bafaro	2/12	Shiegko Mukai	2/24
Arden Sheets	2/17	Mary Thomason	2/27
Holder Jones	2/19	Marie Stifel	2/28
Lois Schleining	2/19		

Birthday celebration on Wednesday, February 8th,
at 1:30 pm in the Party Room

Thank you!

We could not have done it without you! Thank you to:

Quilts for Foster Kids: David Small, Vanda Schreiner, Jayne Ritenour, Emily Dupuis, Grace Swope, Anne Matthes, Arden Sheets, Connie Sheets, Char Matthews, Janet Spellerberg, Faith Reynolds, and Peg Owens. **Letters to Foster Children and Veterans:** Erma McMackin, Ellen Mann, and Jayne Ritenour. **National Day of Service Volunteers:** Helen, Tristan, Crystal and Debbie. **New Encore Partners:** Debbie Venoy. **Pet Therapy:** dog Jedi and owner Beverly Hanna. **New Year's Eve Party Volunteers:** Kyle and Kennedy Taube.

Celebrate Hillsboro!

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The World's Largest Selection of Oregon Wines!
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Continuing Education



**The Oregon Audubon Society
presents:
The Birds of Jamaica
Friday, February 10th
1:30 pm in the Party Room**

When you think of Jamaica, you probably imagine white sandy beaches, warm water, and hot tropical sunshine. But did you know that Jamaica is also home to a wide variety of birds? Escape the winter blues on **Friday, February 10th, at 1:30 pm in the Party Room** as the Portland Audubon Society takes us on a 10-day excursion into Jamaica.

Our tropical getaway begins in Montego Bay, a popular resort destination where we team up with local guide Ricardo Miller. Under Miller's guidance, we will visit a bird sanctuary famous for providing visitors with up-close views of some of Jamaica's most interesting birds.

From Montego Bay, we team up with Dr. Ann Hayes-Sutton, who will give us a tour of Marshall's Pen, her historic estate and home to the Jamaican Lizard Cuckoo, the Chestnut-bellied Cuckoo and the Jamaican Owl, just to name a few. We will also head into the Blue Mountains in search of harder-to-spot birds, including the Blue Mountain Vireo.



Before heading home, our Oregon Audubon guide will pause on the northeast coast, giving us time to explore the beautiful Jamaican landscape through stories and pictures. And, of course, one last look at

the many bird species that call Jamaica home!

The Audubon Society of Portland promotes the understanding, enjoyment, and protection of native birds, other wildlife and their habitats. They focus on the local community and the Pacific Northwest, offering a wide variety of trips, classes, camps, and other programming.

**The Adventure of Learning
Continues in February
Cornell College**



**Mondays from 10:00 - 11:00 am
Cascade Room**

Cornell College starts on **Monday, February 6th, from 10:00 - 11:00 am in the Cascade Room** for the return of The Great Courses. Come one, come all to explore "Great World Religions: Islam."

This 6 week course will help you better understand Islam as both a religion and a way of life. In these illuminating lectures, expert Islamic scholar and Professor John L. Esposito takes you through Islamic history from the 7th century through today.

Along the way you explore Muslim beliefs and practices in the context of their impact on Muslim life and society throughout the ages; how and why Muslims came to Europe and America; the issues of faith, identity, and integration that face them in their homelands; and other fascinating aspects of this great world faith.

Remember: No homework, no exams, just the joy of learning!

**Flower Arranging Class
Monday, February 20th
3:00 pm in the Cascade Room**

Come Beat the Winter Blues with a new flower arranging class by Alaina Mapes! Alaina will provide all the materials and directions to help you make a stunning, fresh flower arrangement to give to someone special or keep for your own enjoyment. Brighten up your week and join Alaina on **Monday, February 20th, at 3:00 pm in the Cascade Room.**

Continuing Education

Expose Yourself to Art!

Naturalist John James Audubon Art Project

Tuesday, February 7th, at 10:00 am in the Cascade Room



Have you seen the four beautiful bird paintings in the first floor hallway by the Columbia Room? Those are works done by naturalist John James Audubon.

John James Audubon (Jean-Jacques Audubon) (April 26, 1785 – January 27, 1851) was a French-American ornithologist, naturalist, and painter. He was notable for his expansive studies to document all types of American birds and for his detailed illustrations that depicted the birds in their natural habitats. From his earliest days, Audubon had an affinity for birds.

His father encouraged his interest in nature: "He would point out the elegant movement of the birds, and the beauty and softness of their plumage. He called my attention to their show of pleasure or sense of danger, their perfect forms and splendid attire. He would speak of their departure and return with the seasons."

We have a week with several Audubon activities, including making our own Audubon work of art on **Tuesday, February 7th, at 10:00 am in the Cascade Room**. No experience is needed. We will work with pastels, so come for a new experience, and appreciate nature in a new way!

Upcoming Cornell Estates Lecture Series

Artist @ Cornell

Educational presentations by local artists in a wide variety of mediums. Next presentation: March.

Behind the Scenes

A glimpse into the many gadgets and devices in our modern world, how they work, and how they are made. Next presentation: March.

A Healthier You!

Educational health seminars with healthful and helpful tips. Next presentation: March.

Music Matters

Interactive programs demonstrating the powerful connection between music, our brains, and healthy aging. Next presentation: April.

Planes Trains and Automobiles

All things vehicular! Next presentation: April.

Sports Corner!

For all the sports buffs at Cornell Estates, seasonal offerings on what's happening in the world of sports. Next presentation: March.

Travelogues

Interesting travels by local individuals presented each month. Next presentation: March.

That's Entertainment!

**The Hillsboro Community Youth Choir
presents: "Hillsboro to the MAX!"**

**A Free Concert
Saturday, February 4th
2:30 pm in the Party Room**



Do you enjoy learning about the past? Then you'll love Hillsboro to the Max, a production that sets history to music and makes the stories of the past come alive right before your eyes!

Cornell Estates is proud to invite you to this free musical concert on **Saturday, February 4th, at 2:30 pm in the Party Room.**

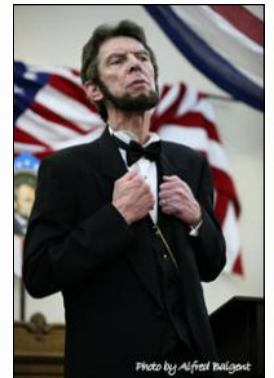
Hillsboro to the MAX is a celebration of Hillsboro's rich history, set to song and dance. The show centers on Alexi and Emily, two sisters who are headed on MAX to their grandmother's house in Hillsboro. But instead of arriving at their expected stop, they arrive in 1843 Hillsboro!

In fact, each stop along the MAX line brings them to a different era in Hillsboro's history, including 1876, 1908, 1943, 1955, and 1978 before finally arriving in their own year of 2012. At each stop along the way, the girls explore Hillsboro's history by talking with famous historical figures and through popular music of the era.

Written in collaboration with the Hillsboro Historical Society, "Hillsboro to the MAX" is funded by a Community Arts and Culture Grant from the Hillsboro Arts and Culture Council. Local playwright Linda Needham wrote the entertaining script, and Kay Demlow from the Hillsboro Historical Society is the costume consultant.

**A Town Hall with Abraham Lincoln
Wednesday, February 22nd
1:30 pm in the Party Room**

Have you ever wanted to ask Abraham Lincoln a question? Or better yet, have a conversation with one of our most famous presidents? Well, here is your chance!



Join Lincoln portrayer, Steve Holgate, on **Wednesday, February 22nd, at 1:30 pm in the Party Room** for a town hall re-enactment.

"A Town Hall with Abraham Lincoln," is a one-of-a-kind chance to ask Abraham Lincoln questions about his time at the White House. Starting from his remarkable resemblance to Lincoln, Holgate read selections from Lincoln's most famous speeches, including the Gettysburg Address and his Second Inaugural Address. He will then open the floor to questions from his audience, who will take on the role of Civil War-era journalists.

**Laugh for the Arts
1st Annual Comedy Show at the Venetian
Saturday, February 4th
Bus leaves at 6:45 pm
Ticket Price: \$15.00**

Beat the Winter Blues with laughter therapy! This is Hillsboro's first annual comedy show at the Venetian Theatre. Come laugh at enjoyable, tasteful comedy, while supporting Hillsboro Community Arts (producers of Showtime at Shute Park Concert series).

The show will star comedian Dave Anderson, host of AM Northwest and the Mark and Dave show on KEX radio, along with stand up comics Alex Krug and Susan Rice, and will be hosted by Dave Sweeney. The senior discount price is \$15.00 per ticket. Sign up at the front desk.

Get Fit

Beat the Winter Blues . . . Together!

February through March, we are finding ways to Beat the Winter Blues together! Think of how sunshine, friendship, and helping others will get us through the gray days as we look forward to springtime.



Venetian Comedy Show
Saturday, February 4th
Bus leaves at 6:45 pm
Tickets are \$15.00

Head to the Venetian Theatre for Hillsboro's first annual comedy show on **Saturday, February 4th**. Featuring local radio star Dave Anderson and local stand-up comedians Alex Krug and Susan Rice, this is sure to be an evening of laughter therapy not to be missed!



Valentine's Day Concert:
Acoustic Amour
Tuesday, February 14th
1:30 pm in the Party Room

Celebrate Valentine's Day with a unique acoustic concert featuring national fiddle champion Carol Ann Wheeler on **Tuesday, February 14th, at 1:30 pm in the Party Room**. Along with guitarist John Stanefer and percussionist Rob Hoffman, Carol Ann will delight us with a wide variety of acoustic fiddle music, perfect for chasing away the winter blues.



Modified Sports: Golf-Putting
Thursday, February 23rd
9:15 am in the Party Room

It's time to swing into action! Join us for indoor golf putting fun in our own **Party Room on Thursday, February 23rd, at 9:15 am**. As part of our Modified Sports Series, we have an opportunity to move our muscles while having a good time. This can be done while seated or standing, and assistance will be available. We encourage those with or without golfing experience to come and join in the fun!

Tips on Preventing Injuries due to Falls

From our January presentation by
Bruce Montgomery,
Hillsboro Fire Department Chaplain

Hillsboro Fire Department Chaplain, Bruce Montgomery, visited Cornell Estates on January 17. He explained that there are six main actions you can take to help prevent falls:

Bruce also spoke about how strongly Hillsboro values its Chaplains for their service to the firefighters as well as to victims of trauma or tragedy.

#1 Exercise: Staying strong and flexible helps our balance, which can prevent falls. Cornell Estates offers many exercise programs to help us with the best thing we can do to prevent falls; Stretch, Flex and Energize; Balance and Mobility; Dance 4 Health; Walking Club; and Modified Sports all keep us building our strength and balance.

#2 Keep It Clear: Keep pathways clear of clutter and tripping hazards.

#3 Secure Throw Rugs: Ask for help in making sure your throw rugs lay flat, and won't move around, especially in the bathroom.

#4 Light The Way: Make sure you have sufficient lighting, and use nightlights.

#5 Stair and Step Safety: Make sure you use the handrail, and be conscious of your footing. Exercise to build leg lifting strength.

#6 Guard Against Slipping in the Bathroom: Use grab bars and non-slip mats or self stick strips on the floor of tub or shower.

Additional methods to stay safe: Follow your doctor's advice and be mindful of your steps when you walk.

Grand Days Out

Audubon Society Wildlife Care Center and Nature Store

Thursday, February 9th

Bus leaves at 1:30 pm



Ever wonder what happens to wildlife that's being rehabilitated for a return to the wild?

Join wildlife host Tom Costello and a very special feathered friend on **Thursday, February 9th**, for a tour of the Audubon

Wildlife Care Center. Tom will be our guide on this fascinating and educational tour.

The Audubon Wildlife Care Center is the oldest and busiest wildlife rehabilitation facility in Oregon. Each year they treat over 3,000 wild animals for release back to the wild and respond to more than 15,000 wildlife relate inquiries.

Their goal is to give injured wild animals a second chance at life in the wild and to reduce wildlife hazards in our community.



They operate under permits issued by the Oregon Department of Fish and Wildlife and the US Fish and Wildlife Service.

The Audubon Society of Portland promotes the understanding, enjoyment, and protection of native birds, other wildlife and their habitats. They focus on our local community and the Pacific Northwest.



The bus will leave at 1:30 pm.

Space is limited to 15 people, so sign up at the Front Desk to reserve your seat today!

Explore Downtown Hillsboro Lunch at Primrose & Tumbleweeds

Thursday, February 2nd

Bus leaves at 10:45 am

Join us on an outing to our own Downtown Main Street's Primrose and Tumbleweeds Boutique and Wine Restaurant for lunch. The menu includes appetizers, soups, sandwiches, and salads to choose from. The delicious soup and sandwich lunch special is \$5.95.

After lunch, shop at Seller's Antiques across the street, or explore other shops on Main Street in Hillsboro! Sign up at the Front Desk.

Tour of the Oregon Food Bank & Lunch at Newport Bay Restaurant

Thursday, February 16th

Bus leaves at 9:30 am

Lunch prices start at \$8.99

You have no doubt heard about our Oregon Food Bank (OFB), and perhaps even donated in the past. Now, come along with us as we tour our very own OFB West site in Beaverton on **Thursday, February 16th**!

Washington County Services distributes more than 300,000 pounds of food per month to more than 100 Washington County hunger-relief agencies and six supplemental programs. It's one of four regional food banks directly operated by OFB.

Join us to take a behind-the-scenes look at this important part of our community. We will be stopping along the way to fill our own stomachs with some delicious food from Newport Bay! Sign up at the Front Desk - the bus will leave at 9:30 am.

We also invite you to donate a can of vegetables, or a box of cereal. No donation is necessary, but we will be happy to bring along anything you'd like to contribute - whether you join us on the bus that day or not!

Encore Opportunities

Aural Rehabilitation Lecture Series: “The Brain & Cognitive Re-Training”

Wednesday, February 15th

10:00 am in the Cascade Room



Each month, Cornell has invited a hearing specialist to educate our community on aural rehabilitation.

This month, on **Wednesday, February 15th, at 10:00 am in the Cascade Room**, we will learn about retraining the cognitive centers of our brain after a hearing loss.

This series will be held on the 3rd Wednesday of every month until May. Arrive at 9:30 am for the Hearing Aid Clinic, including battery checks and hearing aid cleanings.

Girl Scout Talent Show & Cookie Sale

Wednesday, February 15th

Talent Show: 2:15 pm in the Party Room

Cookie Sale: 3:30 in the Main Living Room

The lovely gals from Girl Scout Troop #43119 will be putting on a talent show on **Wednesday, February 15th, at 2:15 pm in the Party Room**. Come support these girls as they earn their talent show badges - it's sure to be a ton of fun!

Afterwards, head down to the Main Lobby at 3:30 pm for the Girl Scout cookie sale! This is your chance to purchase Thin Mints, Samoas, Tagalongs, and more!



Helping these girls work towards their goals is a positive way to influence the youth while keeping us young at heart!

Bus Trip to Accurate Audiology Sponsored by the Hearing Education Group

Wednesday, February 1st

Bus leaves at 2:30 pm

Several Members of our Hearing Education Group will embark on an educational tour of Accurate Hearing and Audiology Clinic at the Cornell Medical Plaza in Beaverton on **Wednesday, February 1st**.

The clinic is a comprehensive hearing healthcare provider specializing in Hearing Restoration, Balance Assessment, Tinnitus and Aural Rehabilitation. Visitors will see a video which explains the process of Cognitive retraining and Aural Rehabilitation, which has been described as strength training for your brain.

Attendees will also get to experience some of the listening exercises involved in Aural rehabilitation and see what the inside of an ear looks like using a video-otoscope.

Computer Lab with Mackenzie

Tuesdays & Thursdays

4:00 - 5:00 pm in the Columbia Room

Our new Encore Partner, Mackenzie Sandberg, will be offering one-on-one computer lessons for residents on **Tuesday and Thursday afternoons, from 4:00 - 5:00 pm, in the Columbia Room** computer lab.

Mackenzie is a high-school student at Glencoe High. She began volunteering at Cornell Estates during her Christmas vacation so you may already have crossed paths with her cheery self! Mackenzie can help with your basic and intermediate computer requests.

Sign up at the Front Desk and indicate what type of computer skills you want to work on.

Celebrating Our Encore Partners

Encore Partners are wonderful contributors from our surrounding community who participate alongside Cornell Estates residents in our many Encore Opportunities @ Cornell.

Thank You!

To our current Encore Partners:

Theresa Burns - Quilts for foster kids, Adelante & Mooberry classroom materials, Everything Yarn

Evelo Carlisle - Bingo, Adelante Mujeres

June Carpenter - Book Club

Peggy Day - Sewing Center

Jan Hale - "The Card Lady"

Beverly Hanna - Pet Therapy with dog Jedi

Kelly McCormick, Willoughby Hearing - 2nd Monday Hearing Services

Becky Palfenier - Pretty Nails

Debbie Pearson - Adelante & Mooberry classroom materials, Cornell College

Bobbie Quillin - Wednesday evening games

Josefina Salazar - Friendly Visiting, Intro to Spanish

Mackenzie Sandberg - Computer Lab

Sierra Smith, age 12 - teaching piano

Gail Stinnet - Parents' Day Brunch and Peonies

Debbie Venoy - National Day of Service, Adelante & Mooberry Classroom Materials

Tracie Wahlberg - Friendly Visiting, Librarians on Wheels

Grant Wahlberg, age 10 - Friendly Visiting, teaching drawing

Ryan Wahlberg, age 7 - Friendly Visiting

Jan Whittaker - Sing along with Jan, Cornell Choir

Andrea Zdarantan - assisting Arden in the Garden

Julian Zdarantan, age 6 - assisting Arden in the Garden

National Day of Service Projects



Martin Luther King Jr. Day certainly wasn't a day off here at Cornell Estates!

We got together and spent the afternoon writing letters to homeless veterans in our area and local foster children.

Not only did we send along ten cards and letters, but we literally each lent a hand in tying quilts for foster children. We helped complete 2 quilts, to add to the total of 60 that will be sent to the children later in February.

Also, throughout the month of January, you helped us overflow a donation bin for Lacey's House and the veterans they serve!

It was a successful day and another great month to help out in our own community! So: Thank You!

Notes from your Cornell Choir

The choir had its first practice of the year in January, and we are making plans for a Spring Concert! We will be practicing a few times in February, so check out your calendar and feel free to join us!

We welcome new singers, or stop by for a sneak preview and listen to the choir and Jan rehearse! See you soon!

Quote of the Month

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

~ Margaret Mead



Encore Opportunities @ Cornell

Engaging with each other is good for our health ... at every age!

Cornell Resident Projects

FRIENDLY VISITING

Fridays

3:00 pm

Cornell Estates residents visit other Cornell Estates residents for a ½ hour of neighborly cheer. Sign up at the Front Desk.

LIBRARIANS ON WHEELS mobile library

4th Fridays

3:00 pm

Books and other goodies delivered door-to-door to Assisted Living residents. This month: Tues, Feb. 14th.

WELCOME BUDDIES

Current residents mentor new residents at Cornell Estates. Sign up at the Front Desk.

WELCOME BASKETS

Residents prepare and deliver welcome baskets to new residents.

Cornell Partnership Projects

MOOBERRY ELEMENTARY

SMART Reading Program

Tuesdays

bus leaves at 8:35 am

Read with Kindergarten children for 1 hour a week for the school year. Sign up at the Front Desk.

Pen Pals with 3rd Graders

ongoing throughout the school year

Exchange monthly Pen Pal letters with 3rd graders in Miss Mito's class! Sign up at Front Desk.

Classroom Materials

4th Tuesday, February 28th

10:00 am (PR)

Assemble classroom materials to assist elementary school teachers and students.

Homework Club

Tuesdays

bus leaves at 2:15 pm

Residents assist students with their reading homework in this after-school homework club.

PACIFIC UNIVERSITY

Weekly Dental Clinic

Thursdays

1:00 - 5:00 pm (Dental Clinic)

On-site dental clinic provided by senior dentistry students for preventative dental treatment (e.g. teeth cleaning) at a reduced rate. Sign up at the Front Desk.

Pharmacy Students

Every 2nd Tuesday

Students shadowing staff and residents learn about life in a Retirement & Assisted Living community

ADELANTE MUJERES "Champions for Early Childhood Education"

Classroom Materials

3rd Tuesday, February 21st

10:00 am (PR)

Help teachers and assemble crafts for the preschool children to use at school.

Monthly visits to Adelante Mujeres

2nd Wed., February 8th

bus leaves at 9:15 am

One-hour visit each month to Adelante Mujeres pre-school to converse with mothers and help children with reading and crafts. Sign up at the Front Desk.

KIDS IN FOSTER CARE, Washington County Department of Human Services Child Welfare

Residents are invited to make and donate quilts for children and teens in foster care in our County.

Meetups @ Cornell

*Opportunities for residents with shared interests
to meet and participate together*

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| Afternoon Gratitudes | Friday, February 3rd & 24th | 3:00 pm (ML) |
| Residents share their favorite blessings and inspirations in an uplifting roundtable discussion. | | |
| Book Club | Monday, February 27th | 3:00 pm (3FA) |
| Residents who share a love of reading gather to discuss the books they are enjoying. | | |
| Boost Your Memory | Tuesdays, February 7th, 21st, & 28th | 3:00 pm (CR) |
| Residents gather to tickle the brain cells with fun and stimulating memory exercises and games. | | |
| Cell Phones 101 | Monday, February 13th | 1:30 pm (CR) |
| Residents gather to learn about their cell phones and ask questions of a staff member. | | |
| Conversational French | Wednesdays | 3:00 pm (CR) |
| Resident Thais Sanders leads residents in a fun and friendly conversational French class. | | |
| Cornell Choir | Feb. 3rd, 17th & 29th | 1:30 pm; 3:15 pm; 3:00 pm (PR) |
| Residents share their love of singing and vocal talents in this fun and friendly Cornell choir. | | |
| Cornell College | Mondays | 10:00 am (CR) |
| Residents meet once a week to watch a half hour college lecture followed by a discussion. | | |
| Current Events | Mon, Wed, Fri at 10:00 am (ELR); | Tues & Thurs at 6:30 pm (ML) |
| Residents share news and opinions on current events every week. | | |
| Everything Yarn! | Tuesday, February 14th | 10:00 am (ELR) |
| Residents who enjoy knitting, crocheting, and other yarn crafts gather to work on projects. | | |
| Hearing Education Group | Wednesday, February 15th | 10:00 am (CR) |
| Residents share information with each other and with others about life with hearing loss. | | |
| Introduction to Spanish | Fridays, Feb. 10th & 24^h | 3:00 pm (CR) |
| Residents work with local instructors to master basic conversational Spanish. | | |
| Origami Class | Friday, February 24th | 1:30 pm (PR) |
| Residents work with local origami expert to create animals and other objects out of folding paper. | | |
| Poetry Out Loud | Wednesdays, February 8th & 22nd | 3:00 pm (3FA) |
| Residents share their favorite poems through live readings and discussions. | | |
| Green Thumb Community Garden | on break until spring | |
| Residents have created a garden together with assistance from master gardeners. | | |
| Sing-a-long with Jan | Thursday, February 9^h & 23rd | 3:00 pm (ML) |
| Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs! | | |
| Write Your Life Story | Tuesdays | 9:00 am (CR) |
| Local author Morgan Brown facilitates a writers' group for residents | | |
| Yum Yum Group | on break in February | |
| Residents who love food, recipes, cooking, and restaurants get together to discuss these delicious things. | | |

Magic Moments @ Cornell



Top Left: Trip to Portland Art Museum

Top Right: Finishing a quilt for local foster children



Left: Writing letters to local foster children and local veterans

Bottom Left: Dr. Larry Sherman, OHSU, demonstrates how our brains process music

Bottom Right: Girl Scouts work toward their badges, with a little help from our residents

